



Tools For Action

A sample of physical education initiatives in Wisconsin

Jump Rope Unit

Contact Information

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Whitewater
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Program Information

Program Name
Jump Rope Unit
Program Category
Favorite lesson or unit
Grade Level
Middle School (6-8)
Assessment Method

Program Information

Products Developed or Materials Used:

I use a lot of American Heart materials I have gotten through Jump Rope for Heart. The assessment tool (rubric) I created.

Program Description:

Teach jump rope skills and techniques. Heart rate information is taught in the math classes as well as fitness components taught in health. For a final project the kids put routines together and are video taped. They are played-back for students to view

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgaig@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
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